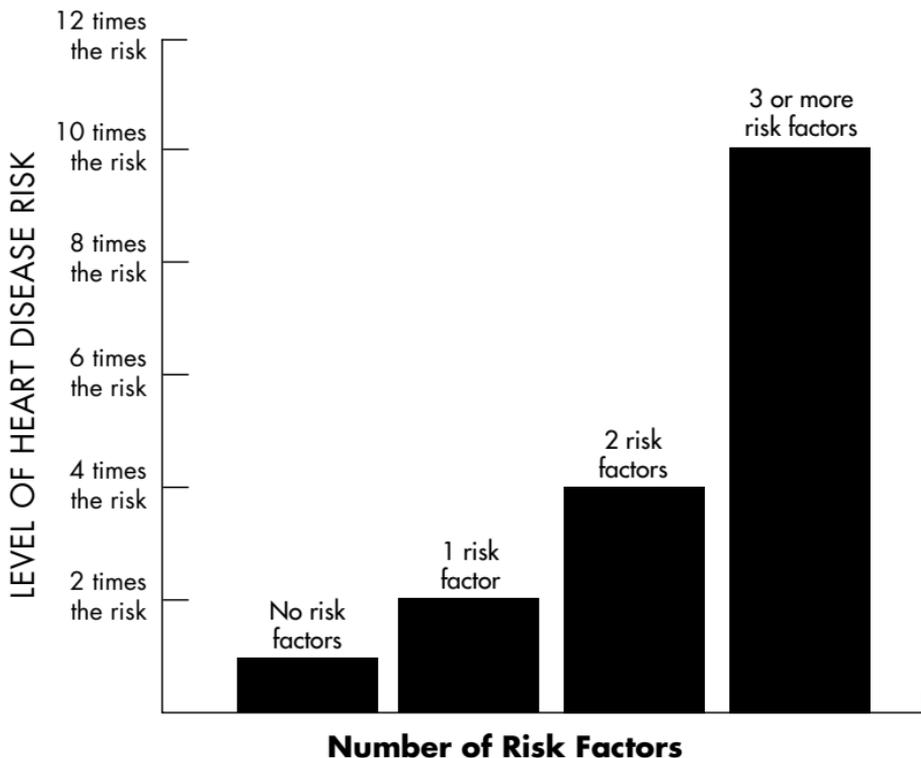


# HEART DISEASE RISK FACTOR

## "MULTIPLIER EFFECT" IN MIDLIFE WOMEN

Many women don't realize that their risk for heart disease significantly increases based on the number of risk factors they have. This chart shows the dramatic rise in the level of heart disease risk for each added risk factor.



The major controllable risk factors for heart disease are high blood pressure, high cholesterol, diabetes, smoking, overweight/obesity, and physical inactivity.

To learn more, visit [www.hearttruth.gov](http://www.hearttruth.gov)

Source: National Heart, Lung, and Blood Institute (2006)



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